



SURVIVAL TIPS

Come Meet David Howard, local Blue Ash resident who appeared on The Weather Channel's newest survival show Fat Guys in the Woods. While the name might be shocking, the show takes everyday people who are not survivalists or preppers and teaches them what it would take to one day be sitting comfortably on the couch and the next day thrust into a survival type of situation. The skills learned in the week can be applied by most anyone to make it day to day. David will tell you about his experiences, what he's learned and how he applies those newly developed skills to everyday life living in Blue Ash.

Date: Tuesday, November 18

Time: 7PM

Free and open to the public!

HAVE YOUR CAKE AND EAT IT TOO!

Join Certified Chef Amy Ott and Registered Dietitian Kelley Zureick for a hands-on baking workshop. We will be making sinfully delicious yet healthful versions of classic, gluten free & vegan recipes. Baked goods, recipe cards, nutritional information, along with tips and tricks for easy preparation will be shared throughout the class. **Fee:** \$35 **Registration:** Enroll by November 12th for a \$5 discount. Registration ends November 19th.

Date: Saturday, November 22

Time: 10AM – Noon

Registration: Please contact Kelley Zureick at 513-477-1884 or kelley.zureick@gmail.com

STAR GLAZERS POTTERY FOR FAMILIES (ALL AGES WELCOME)

Join Star Glazers as they set up a paint-your-own-pottery studio in the Blue Ash Café! Just in time to make holiday gifts! There will be a variety of pieces to choose from. Finished pieces will be returned to the Recreation Center for pick-up within two weeks. No artistic talent needed. Join us for class or just watch how it is done. Pre-registration required. **Fee:** \$10 and up per piece (cash or check only). Please R.S.V.P. no later than Nov. 28.

Date: Tuesday, December 2

Time: 7PM

Registration: Please contact Ann at 513-474-6364 or ann@starglazers.com.